

SUMMER  
2019

FREE!

# EXERCISE CLASSES FOR OVER 50s



**ZUMBA**<sup>®</sup>  
gold



Pilates

## ZUMBA GOLD

Mondays

11am to 12pm

From 29 April to

15 July 2019

(except bank holidays)  
free

## PILATES

Mondays

12pm to 1pm

From 13 May to

15 July 2019

£5 (Hyde residents free)  
[pilatesnutrition@gmail.com](mailto:pilatesnutrition@gmail.com)

**Kennington Park Community Centre**  
8 Harleyford Street, SE11 5SY

For more information contact Joan on 07485 123161 or  
[kpccoal@gmail.com](mailto:kpccoal@gmail.com)

Our Zumba classes are free thanks to the  
generosity of the Hyde Foundation

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